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NEWS
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IT OFF IN STYLE
AT FENWAY!

KOJI UEHARA GETS THE FINAL STRIKEOUT AND DAVID ORTIZ EARNS MVP PRIZE AS BOSTON WINS ITS FIRST WORLD SERIES AT HOME SINCE 1918 | PAGE 21



TRYING NOT TO HAVE A RIOT

Officers fire an anti-riot weapon as part of Halifax Regional Police Public Safety Unit training at the Nova Scotia Firefighters School in Waverley on Wednesday. The training, done each year, was open to the media. Story, page 4. JEFF HARPER/METRO



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All discounts apply before taxLaughing up
the Duff

P.E.I. radio host Matt MacLeod summons senator in parody remix of What Does the Fox Say? | PAGE 8

New sewer line
draws concerns

Public feedback.

Consultant lays out timeline, details of Lakeside Pump project



HALEY RYAN

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project in July after staff recommended extending a pipe from the Beechville-Timberlea-Lakeside area to join the Halifax system.

Construction is expected to start this December and last until summer, with restoration going until November.

Woodford said there is a small chance of leaks because the pipe is fused into one long tube with no joints. He said new features could include benches, rest stops and more vegetation to screen houses along the trail.

Cyclist Kimberley Watson said she hopes the timeline is correct because she doesn't want to be forced to bike through "really dangerous" parts of Bayers Lake.

"It's so important to have a safe place to go," Watson said, drawing applause with a passionate speech about how much residents love and use the trail.

Woodford said most of the restoration work should be done by next summer, because only areas like the Chain Lakes watershed need to be done in warm weather to prevent snow runoff.

Glenn Woodford, vice-president of Genivar, said the Lakeside Pump Station Diversion should be completed by the end of next year, but didn't know when each section of the trail would be dug up because a contractor still has to be hired.

"It makes the project easier when people know what's going on when they see the machines show up," Woodford said.

Halifax regional council approved the \$22-million

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Wicked weather

'Large fall storm' approaching N.S.: Weather agency

Environment Canada has issued a special weather statement about some turbulent weather approaching Nova Scotia.

The statement, on the weather agency's website, describes a low-pressure system that will move over the Great Lakes Thursday and then intensify into a "large fall storm" that will affect most of the eastern U.S. and Canada.

Rain is expected to begin over western Nova Scotia late Thursday evening and then spread to the rest of the province overnight, with the heaviest rainfall on Friday.

Strong southerly winds are also expected Friday, with the potential for gusts of up to 90 km/h. **METRO**

Investigation ongoing

Hundreds attend funeral for homeless man

About 200 people attended the funeral for a homeless man who died in a burnt-out bus shelter last week in Berwick.

Harley Lawrence, 62, originally from Hantsport, died Oct. 23 in the fire, with police referring to his death as suspicious.

A candlelight vigil was held in Berwick to honour his memory last Saturday, and a funeral was held on Wednesday at the White Family Funeral Home in Kentville.

Results of an autopsy have not yet been released. **METRO**



A large crowd gathers for a photo opportunity near newly planted trees at Africville Park on Wednesday. **JEFF HARPER/METRO**

Trees a symbol of 'continued rebirth'

Remembering our roots. Hundreds of new saplings added to Africville, HRM after successful first year of planned planting



RUTH DAVENPORT

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The first season of tree planting guided by HRM's Urban Forest Master Plan is wrapping up with dozens of leafy new additions to Africville.

Members of the Africville Heritage Trust gathered with representatives of HRM, Dal-

housie University and various ecologically minded organizations Wednesday to celebrate a planting season that will see 1,800 new trees added to HRM communities — 85 of those along Africville Road.

"It's like a welcome. It's a welcome into Africville," said Sunday Miller, executive director of the Africville Heritage Trust. "We have people coming from as far away as Croatia and Australia to see the story ... and when they come in, they're going to see the beautiful trees."

A total of 150 trees are planned for Africville, funded in part by a grant from CN and the national organization TreeCanada.

Director of communica-

Watch 'em grow

Trees were planted along the streets over the spring and fall in five pilot projects in HRM.

tions Richard Walker said the Africville application stood out because of its historical importance, and said the trees are now part of a "living monument" to the story of African Nova Scotians.

"There's no place, I believe, in North America ... where there are stronger ties to the black community," he said. "Let the trees we're planting here be a symbol of

the continued rebirth of this great community."

Walker also praised HRM for being one of only a few major cities in Canada to have a forestry plan.

Dalhousie professor of resource and environmental studies, Dr. Peter Duinker, the guiding force behind the plan, said trees provide tangible benefits such as shade, stormwater retention and air purification — but more intangible benefits as well.

"When we talked to citizens about why they valued trees ... it's partly about aesthetics, it's partly about how the trees make them feel," he said. "People are just feeling better when they're connected to trees."

TOP SIX @ 6

6	Justin Timberlake TKO
5	Britney Spears Work Work
4	Drake Hold On, We're Going Home
3	Katy Perry Roar
2	Miley Cyrus Wrecking Ball
1	Lorde Royals

Weeknights at 6 KB counts down the HOTTEST songs of the day

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1
NEWS

Halifax Regional Police's public-safety unit is mostly used to assist peaceful demonstrations. Training sessions run each year for two days in October, and one day in the springtime. Officers from all divisions of HRP come out for the specialized training

JEFF HARPER

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As part of a training exercise, the Halifax Regional Police public safety unit drilled at the Nova Scotia Firefighter's School in Waverley as part of a two-day annual session on crowd management.

Staff Sgt. Reid McCombs said although it's been about eight years since the last time the unit went out to control a crowd in "hard tactical gear," it's important to have the training just in case.

"Today was more about when a crowd turns sour, but really we don't get a lot of those instances," McCombs said, citing the protest around the Atlantica conference in 2007 as a recent example.

McCombs said dozens of officers in the unit spent Tuesday in the classroom reviewing theories, policy and formations. Wednesday brought drills in full gear and the use of OC spray, pepper balls and firearms. **HALEY RYAN/METRO**

1 Getting set to protect.

Members of the public-safety unit suit up in their protective gear.



2 Smoked out.

A police officer posing as a civilian is encircled by smoke from pepper balls.

Test, test: Cops brush up on crowd control



3 Shields up.

Members of the public-safety unit practise forming a line.

One heck of a Sunday run

Virtual Everest.
Arthritis Society
fundraiser using
Citadel Hill this
weekend for fun
fitness challenge

 **PHILIP
CROUCHER**
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I consider myself to be in decent shape.

Three trips to the gym each week on average, mostly to offset my addiction to Tim Hortons Iced Capps and chocolate-chip cookies (I may or may not be sipping on an Iced Capp, in fact, while writing this).

So, when offered the challenge of running up and down Citadel Hill 10 times to help promote an event for The Arthritis Society called Virtual Everest, I was on board immediately.

Sure, it will be tough, but I can handle it.

So on a cool, overcast October day, I put on my runners and headed out, meeting up with two people from the Arthritis Society, who kept me company for the run.

After some small talk, away we went.

It didn't take long before I realized this was no ordinary workout. Citadel Hill is steep, and the pain that takes over your legs as you approach the top is

Those affected

25%

The amount of people in Nova Scotia who suffer from arthritis.

excruciating.

The only saviour during my 10 trips up were the 10 trips down, but even those were no picnic.

This Sunday, for the Arthritis Society's Virtual Everest on Citadel Hill, teams, or any individual brave (or crazy) enough to do so, must climb Citadel Hill 80 times. That's right — 80.

I did 10 and was ready to collapse.

Jamie Davison, chair of Virtual Everest, says this first-time event for the society is a chance for people who like to challenge themselves physically to do so at home.

In fact, the steep terrain participants will run on Citadel Hill matches the elevation of Mount Everest from sea level to summit.

"And you don't have to

Quoted

"The advice to runners would be it's not a race, it's a fun event. It can also be physically challenging, so you have to take your time."

Jamie Davison, chair of Virtual Everest



Metro Halifax managing editor Philip Croucher, left, runs up Citadel Hill with Adam Richardson, communications co-ordinator for The Arthritis Society-Maritime Region, and Melissa Bourque, volunteer co-ordinator for The Arthritis Society-Maritime Region. JEFF HARPER/METRO

get on a plane to do it," said Davison, who is also chair of the advisory board, Nova Scotia division, for the Arthritis Society.

"It's different, it's challenging and it's fun."

Davison said so far, about 30 teams have signed up to

participate, ranging between two and eight runners. The registration fee is \$75 for team members and \$100 for individual runners, and anyone can sign up by Sunday morning.

The start gun begins at 9 a.m. and teams have until

5 p.m. to finish.

"This type of event raises awareness and gets people talking about (arthritis)," he said. "It also raises funds and gets people active, which is important for those who suffer from arthritis."

Anyone taking part Sun-

day will be active, and then some. When I was done, my quads felt like they were going to explode — and that was only 10 times. Bravo to anyone who does more.

And, oh yes, when I was done, I treated myself — to an Iced Capp of course.



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HRS. SIRT probing whether use of force was justified against alleged cop stabber

The province's Serious Incident Response Team has launched an investigation into the actions of Halifax Regional Police for the injuries sustained to a man charged with stabbing a police officer last month.

Alexander Welch, 31, faces charges of assaulting a police officer, attempted murder, being at large and resisting arrest related to the stabbing incident outside the Metro Turning Point men's shelter on Sept. 20.

Police say when Welch was arrested and brought into police headquarters, he became "extremely combative," spokesman Const. Pierre Bourdages told Metro on Sept. 23.

Welch ended up receiving injuries to his face and nose from officers, and a report was filed explaining why force was needed.

In a release issued Wednesday, HRP says they determined a referral should be made to SIRT, which investigates matters involving police, following the internal investigation.

On Sept. 21, two officers



Alexander Welch, 31, at Halifax provincial court on Sept. 23.

went to the shelter around 8:30 p.m. on Sept. 21 to arrest Welch, as he was wanted on a warrant after he failed to appear in court for other charges.

When one of the officers caught up to the suspect, police say he was stabbed in the forearm and neck with a knife.

Welch was back in court Wednesday, with his case adjourned to Nov. 13 for election and or plea. He's been remanded to the East Coast Forensic Facility in Burnside pending his next court appearance.

PHILIP CROUCHER/METRO

Sydney. 'Bully of all bullies' to have social media use monitored

A 15-year-old Sydney girl's use of social media sites will now be monitored closely by her probation officer as part of a sentencing order issued Wednesday.

Provincial court Judge David Ryan said his decision was a compromise to a total ban from social media sought by prosecutor Steve Drake.

"I have given great consideration to what was recommended by the Crown and I am aware of the importance social media has for young people today," said the judge, in sentencing the teen on charges of assault, causing a disturbance and breaching a court.

During the 15-month probation term, the teen is to report all user names and passwords to any social-media site that she uses to her probation officer, who can review any of the girl's posting and decide whether such writings would violate another condition of her probation: to keep the peace and be of good behaviour.

The judge also stipulated the teen is not to register on any site under an alias.

And say you're sorry

- Other probation conditions include that she must write a letter of apology to the victim.

One police officer described the girl as being "a bully of all bullies" and the Crown was seeking to ban her from all social-media sites.

The teen, whose identity is prohibited from publication in accordance with the Youth Criminal Justice Act, was charged with assault after an incident at a local school in which she sucker punched another female student and then kicked the victim several times while she lay on the floor.

The breach charge relates to an incident in Sydney in which the accused was drunk and found pummelling another girl in an area behind Centre 200. At the time of the offence, the girl was already on conditions to refrain from alcohol.

CAPE BRETON POST

Call 490-5333 with tips

Cops ask for info in 25-year-old murder

Police continue to investigate the murder of Donald Charles Downey, 25 years after he was found shot in Halifax.

Around 1 a.m. on Oct. 30, 1988, police responded to a shooting at 2399 Creighton St. Upon arriving, officers found Downey suffering from a gunshot wound.

Police say he was transported to hospital, where he died a short time later.

The investigation revealed Downey was living at an Abbey Road address at the time of his death, and "was known to frequent the north end of Halifax and Uniacke Square area," according to a release.

Police are asking anyone with information about the murder to contact the Halifax police integrated major crime unit at 490-5333, or through Crime Stoppers at 1-800-222-8477. METRO



Donald Downey
CONTRIBUTED

Traffic violation

Man charged after tossing crack, cocaine and money into storm drain, police say

A man is facing charges after police chased after a suspect who allegedly tossed drugs and cash down a storm drain in Halifax.

Police say they tried pulling over a vehicle in the area of Bayers Road and Connaught Avenue around 6 p.m. Tuesday for a traffic violation, but the driver refused, resulting in a brief chase.

The vehicle eventually turned onto a dead-end street and the driver took off on foot. That's when police say they saw him toss something down the storm drain.

The suspect was eventually arrested and police say when they searched the storm drain they found cash, cocaine and crack. METRO

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Investigation ongoing

- Police aren't releasing the cause of death as the investigation is ongoing, and aren't sure when Janet Burton would have died.

Rehill said.

"Something that may narrow down that window a bit."

HALEY RYAN/METRO

Police asking for public's help in sudden death of woman

Police are asking for the public's help to determine the last time an Auld's Cove woman was seen alive, after she was found dead in her home last weekend.

At about 2 p.m. Sunday, Antigonish County RCMP were asked to check in on 68-year-old Janet Burton by a family member who hadn't seen her since Thanksgiving weekend.

Spokesman Sgt. Brian Rehill of the RCMP said officers

found Burton dead at a home on Highway 104 in Auld's Cove.

An autopsy was completed Tuesday in Halifax, and "foul play cannot be ruled out at this time," according to a release.

He said the RCMP are asking anyone who saw Burton between Thanksgiving and Oct. 27 to contact them.

"Someone may have seen her walking the highway five days after (the holiday)."

Bail adjourned for man charged in New Glasgow stabbing case

There's been an adjournment in the case of a man accused of attempted murder and aggravated assault in the stabbing of a New Glasgow man earlier this month.

No reason was given for the adjournment request made by Shane Edward Matheson's lawyer, Steve Robertson, on Wednesday in Pictou Provincial Court.

Matheson was scheduled to appear Thursday for a bail hearing, but is now to appear

Nov. 27 for a show cause hearing on charges of aggravated assault, assault with a weapon, attempted murder and possession of a weapon for a dangerous purpose.

Scott Jones was paralyzed after being stabbed in the lower back in New Glasgow on the Thanksgiving weekend. The Pictou County community has rallied around Jones and his family since the incident, holding several fundraising events to help



Shane Matheson NEW GLASGOW NEWS

him with his rehabilitation efforts.

THE CANADIAN PRESS



Boo! Now, that's a scary way to spend the day

A worker walks to the end of a construction crane in Bedford on Wednesday morning to prepare it for dismantling. The crane was being used for a new development. JEFF HARPER/METRO

Sleeman cuts jobs

Dartmouth brewery.
Company is cutting 14 positions while it tries to find a buyer

Sleeman Breweries Ltd. has announced that it's cutting a total of 14 full- and part-time jobs at the brewery in Dartmouth.

The company's national vice-president of operations said Wednesday the downsizing is a product of selling the facility and matching the workforce to future production.

"As we've been talking with potential buyers, we came to the realization that obviously they wouldn't require all the staff that was there," said Pierre Ferland. "So based on the volume requirements that will be required for the future operator, we had to downsize."

About 32 people work at the brewery.

\$1.5B project

Maritime Link hearing delayed

Nova Scotia's regulator has granted interveners an extra week to prepare for a hearing on a complex commercial agreement for the proposed \$1.5-billion Maritime Link project.

The Utility and Review Board says the hearing will now begin Nov. 14.

The board granted requests for a delay by the Lower Power Rates Alliance, the Progressive Conservative caucus and Nova Scotia's consumer and small business advocates on the so-called compliance filing.

THE CANADIAN PRESS



The Sleeman Brewery in Burnside.

JEFF HARPER/METRO

Ferland said workers at the Dartmouth plant were told about the layoffs Wednesday morning.

"They've known of the potential of that happening for many, many months," he said. "Like anything else, until it happens, there's always some hope ... but I'd say it's not a total surprise for people."

Sleeman is the fourth company to announce layoffs in HRM since Oct. 11. BlackBerry and Convergys are closing their local offices, shedding a total of nearly 500 jobs, and Xerox is eliminating 48 positions.

But Ferland said the layoffs at the Dartmouth brewery aren't related to the business climate in HRM.

"Not at all," he said. "As a matter of fact, we will maintain a position in the Maritimes ... we have our plans, we've hired more sales reps, it's still a good market for us."

RUTH DAVENPORT/METRO

MV Miner to get moved. Feds, province still at odds over costs of ship removal

Nova Scotia's transportation minister says the provincial government will issue a request for proposals to remove a derelict ship that ran aground off Cape Breton two years ago.

Geoff MacLellan says the provincial government needs to take leadership on removing the MV Miner, which became stranded in September 2011 off the coast of Scatarie Island, a provincially protected wilderness area.

MacLellan says the government wants to work with Ottawa on a plan to share the

Background

The ship was being towed to Turkey to be scrapped when it ran aground.

costs of removing the bulk carrier.

Former premier Darrell Dexter called on the federal government to remove the ship, but Ottawa said it was the salvage company's responsibility.

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Embattled Mike Duffy stars in a new song and dance

Senate saga spoof. P.E.I. radio morning man (he's as crafty as a fox) pokes fun at senator with a cheeky parody song

A radio station in P.E.I. has made a parody song poking fun at their Senator Mike Duffy's recent speeches in the expenses scandal.

Remixing the popular song What Does The Fox Say? morning host Matt

MacLeod of P.E.I.'s Hot 105.5 put together a spoof song called What Does The Duff Say?

The song uses clips from Duffy's Senate remarks such as "I was ordered by the prime minister to pay the money back" as the melody and beat of the original song playing in the background.

A voice chimes in as the chorus singing, "What does the Duff say?"

MacLeod borrowed clips from the radio station's newsroom to do the remix.

The station's program

director, Myles MacKinnon, said P.E.I. has about 140,000 residents, for whom Duffy's expenses saga is "the best reality TV you can imagine."

"We're having a lot of fun with it. We know it's a serious thing, but our job is to have fun with it," MacKinnon said Wednesday.

Senators are looking at a motion that would see Duffy, Pamela Wallin and Patrick Brazeau suspended from the red chamber. But a vote on the motion appears to have been put off until Friday.

TORSTAR NEWS SERVICE



The Fox (What Does The Fox Say?) is a dance music video, above, by Norwegian comedy duo Ylvis that has been viewed about 175 million times. A parody of the song features Sen. Mike Duffy, inset.

YOUTUBE/SCREENGRAB; INSET: THE CANADIAN PRESS FILE

Halloween howls

Her trick won't be a treat for chubby kids

It won't be a very happy Halloween for some children in Fargo, N.D.

A woman who identified herself as "Cheryl" told a morning radio show she plans to dole out "fat letters" to "moderately obese" trick-or-treaters Thursday night to inform them of the dangers of being overweight.

"Cheryl" decided to opt for the informative letters instead of handing out fruit or granola bars because, in her words, parents need to "step up."

"Your child is, in my opinion, moderately obese and should not be consuming sugar and treats," her letters will declare.

METRO IN BOSTON

Tax fraud shocks

Feds misplace laptops ... and millions of \$\$\$

Hundreds of weapons, BlackBerrys, laptops and iPads have gone missing or been stolen or destroyed, according to the federal government's annual accounting of its property.

Missing money and absent items are outlined in an annual report to Parliament, tabled late Wednesday.

The amount of tax fraud discovered in the last year is estimated at about \$250 million, down from more than \$300 million last year.

But employment insurance fraud is up, reaching about \$159 million, or \$30 million higher.

THE CANADIAN PRESS



Styled for Sochi ... next stop the winners' podium?

Will this be a winning look in Sochi? Curler Cheryl Bernard and skier Jan Hudec give Canadians the first glimpse of the styles our athletes will wear at the 2014 Winter Olympics. As always, the patriotic designs flaunt Canada's colours as well as imagery of the polar bear, beaver and loon. Bonnie Brooks, right, president of The Hudson's Bay Co. — the official outfitter — helped unveil the uniforms at a Toronto ceremony Wednesday. The athletes' clothing is being made in Canada, she said. Replicas for consumers will be made offshore. NATHAN DENETTE/THE CANADIAN PRESS

Big hit. Midget wrestling has U.S. in a headlock, now it's Canada-bound

Some call it empowering. Others call it belittling. But one thing is for sure: It's drawing big crowds.

Midget wrestling will come to Saskatoon in November.

The Extreme Midget Wrestling Federation was founded in Oklahoma four years ago and has gone on

to sell out venues across the United States, said creator and producer Skyler Ward.

The Little People of America organization says it's degrading. But Ward said: "Our show is not derogatory." Instead of kids pointing at them, midget wrestlers become superstars, he added.

JACOB MORGAN/METRO IN SASKATOON

Cruel cutbacks? Tories turfing wounded troops to save cash, MPs claim

The Harper government came under fire Wednesday amid claims that wounded troops are being discharged before they're eligible for a pension.

Defence Minister Rob Nicholson insisted wounded members are not being summarily dismissed. They "work with the military on a transition plan," Nicholson

Quoted

"I asked ... if there was any way I could stay in and they said, 'Nope.'"

Cpl. David Hawkins, who has post-traumatic stress disorder, told the Commons.

THE CANADIAN PRESS

One man suspected. Six sex assaults on the UBC campus leave trail of fear

Six sex assaults at the University of British Columbia have resulted in an unprecedented police presence on campus.

Fear has spread among students, staff and the community, says the facility's president, Stephen Toope.

"This is one of the safest campuses in North America. There is not normally a cli-

mate of fear or of insecurity on the campus," he said.

RCMP's major crimes section says one man is believed to be responsible for three attacks this month and similar incidents in April, May and September. All the women were attacked while walking alone late at night.

THE CANADIAN PRESS



Hostages Thierry Dol, centre left, and Pierre Legrand. THE ASSOCIATED PRESS

Disputed territory. Israel green-lights East Jerusalem construction

Israel on Wednesday announced plans to build 1,500 new homes in East Jerusalem, the part of the city claimed by the Palestinians, just hours after it freed a group of Palestinian prisoners as part of a deal to set peace talks in motion.

The settlement construction was seen as an attempt by Prime Minister Benjamin Netanyahu to make up for the prisoner release, for which he has been sharply criticized at home. The prisoners were jailed for deadly attacks on Israelis.

Interior Ministry spokeswoman Lital Apter said Wednesday that the 1,500 apartments would be built in Ramat Shlomo, a sprawling settlement in East Jerusalem. She said Israel also plans to develop an archeology and tourism site near the Old City, home to Jerusalem's most sensitive holy sites.

Israel captured East Jerusalem, along with the West Bank and Gaza Strip, in the 1967 Mideast war.

The Palestinians seek all three areas for a future state, with East Jerusalem as their capital.

Israel considers all of Jerusalem to be its eternal capital, and Netanyahu has



An Israeli wearing a Palestinian scarf protests the release of 26 Palestinian prisoners. GETTY IMAGES

vowed never to divide the city. Israel has built a series of settlements, including Ramat Shlomo, to solidify its control.

Although Israel's annexation of East Jerusalem is not internationally recognized, it considers these settlements to be neighbourhoods of the city.

Israel first announced the Ramat Shlomo plans in 2010 during Vice-President Joe Biden's visit to Israel, sparking a diplomatic rift with Washington that took months to mend.

THE ASSOCIATED PRESS

Zimbabwe

21 killed on their way to a funeral

Zimbabwe state radio says at least 21 people died when their open truck collided with a tanker carrying ethanol fuel in southeastern Zimbabwe. The Zimbabwe Broadcasting Corp. reported Wednesday that the truck ferrying mourners sideswiped a tanker carrying the highly flammable ethanol spirit. THE ASSOCIATED PRESS

South Carolina

Custody dispute ends in murders

Six people found dead in a U.S. home were shot in a domestic dispute that ended with the gunman's suicide. Greenwood County Sheriff Tony Davis identified the gunman as Bryan Sweatt, 27. Police said he had dated one of the women who was murdered and had a child with her. THE ASSOCIATED PRESS

Hostages return home

Held by al-Qaida.

French president Francois Hollande said no money was paid to free the four French nationals

Four French citizens held

hostage by al-Qaida militants landed in France on Wednesday after three years in captivity in the punishing African Sahel.

The wife and daughters of one hostage, Daniel Larrière, rushed to hug him, and the three held each other while crying. Other friends and family snapped photos of their loved ones finally home.

President Francois Hollande greeted each of the hostages on the tarmac at a military airport outside Paris.

At the time of their capture, the four — Pierre Legrand, Thierry Dol, Marc Feret and Larrière — were working in Arlit, Niger, where the French state-controlled nuclear giant Areva operates a uranium mine.

THE ASSOCIATED PRESS

Reunited

"It's like we used to say to each other when we were in captivity together: Every day is a victory."

Francoise Larrière, wife of one hostage, Daniel. She was a hostage herself but was released a year ago.

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In pictures

**1 D.C.** Elmo, first lady push veggies

Michelle Obama and Sesame Street's Elmo promote fruits and vegetables to kids at an event at the White House on Wednesday. **THE ASSOCIATED PRESS**

2 Who? My Ch-ch-ch-Churchill

Roger Daltrey performs in Washington Wednesday to dedicate a bust of Winston Churchill. **THE ASSOCIATED PRESS**

3 Hammer time. Weird world record

Sweet Pepper Klopek lifts a sledgehammer from hooks in his cheeks during a successful Guinness Records attempt in Vancouver Wednesday. **THE CANADIAN PRESS**

4 Greece. It's not over until ...

A makeup artist prepares Myrsini Margariti for a dress rehearsal on Oct. 23 at the Greek National Opera in Athens, which has transformed itself from a loss-maker to an income-generator. **THE ASSOCIATED PRESS**

5 Diwali. Prepping for the festival

A potter paints lamps for Diwali, the Hindu festival of lights, in Amritsar, India, Wednesday. **THE ASSOCIATED PRESS**

UN report

'Childhood must never be derailed by motherhood'

Recent research has suggested that teen pregnancies in the developing world are declining, but more than 7 million girls under the age of 18 are still giving birth each year and suffering drastic consequences, a UN report said Wednesday.

The UN Population Fund expressed particular alarm about the dangers facing girls 14 or younger, who account for 2 million of the 7.3 million births to women under 18 in developing countries. This group faces the gravest long-term social and health consequences from giving birth as teens.

The report looked at births to women under 18 worldwide, the underlying causes of teen pregnancy, and possible solutions to the problem, which the UN said is part of a vicious cycle of rights violations.

Wednesday's report called for a new approach to curbing teen pregnancies that minimizes the emphasis placed on girls' behaviour as a cause.

"Childhood must never be derailed by motherhood," it said, calling for greater efforts to end child marriage and more action on gender equality.

THE ASSOCIATED PRESS

Derailed futures

"A girl who is pregnant at 14 is a girl whose rights have been violated and whose future is derailed."

Dr. Babatunde Osotimehin, executive director of the UN Population Fund

Um, that's not covered. Employee denied workers' comp for sex injury

Australia's highest court on Wednesday denied workers' compensation to a government employee who was injured while having sex in a motel room during a business trip.

The 4-1 decision from the High Court said the woman's employer did not induce or encourage her to participate in the sex, so the federal government's insurer, Comcare, was not liable to compensate her. A lower court had said

the woman was injured in the course of her employment and should be compensated.

The woman, who cannot be identified for legal reasons, was a federal civil servant in her 30s when she was hospitalized for the injury in 2007. She and a man were having sex in her motel room when a glass light fixture above the bed fell onto her face, injuring her nose and mouth.

THE ASSOCIATED PRESS



Former News International chief executive Rebekah Brooks arrives at the Old Bailey court for the phone-hacking conspiracy trial Wednesday in London, England. **DAN KITWOOD/GETTY IMAGES**

Phone-hacking a 'conspiracy'**News of the World.**

Prosecutor opens the long-awaited trial by saying it's inconceivable top execs didn't know about eavesdropping

to illegally eavesdropping on voicemails.

Opening the long-awaited hacking trial of former News of the World editors Rebekah Brooks, Andy Coulson and others, prosecution lawyer Andrew Edis said hacking and other illegal activity at the paper and its sister tabloid, The Sun, went on for a decade. He said it was inconceivable that the top executives didn't know about it.

"They were in charge of the purse strings," Edis said, adding that they signed off on illicit payments.

"Mrs. Brooks personally approved nearly 40,000 pounds

Background

The trial stems from the revelation in 2011 that News of the World employees eavesdropped on the voicemails of celebrities, politicians, crime victims and others.

- The scandal led Murdoch to shut the 168-year-old newspaper and spurred wide-ranging criminal investigations.

for stories" to a senior defence official, Edis said.

THE ASSOCIATED PRESS

Do your work, don't twerk. Dance shakes its butt onto school's forbidden list

One Southern California high school has added twerking to its list of dances that are banned for students.

The Orange County Register reports Tuesday that administrators at Aliso Niguel High School decided the rump-busting dance is sexually suggestive and should no longer be allowed on cam-

pus or at dances.

Twerking now joins "freaking" and "grinding" as prohibited dances at the Orange County school. Those who break the rules could be ineligible for future dances for the remainder of the school year. Parents also will be notified.

THE ASSOCIATED PRESS



Youths play in the sun after the official opening of giant sun mirrors in the town of Rjukan, Norway, Wednesday. The town is normally shrouded in shadow for six months a year. NTB SCANPIX, TERJE BENDIKSBY/THE ASSOCIATED PRESS

Norwegian town gets light where the sun don't shine

It's done with mirrors. Families cheered as the sun hit mirrors and reflected down onto the faces of children

Residents of the small Norwegian town of Rjukan have finally seen the light.

Tucked in between steep mountains, the town is normally shrouded in shadow for almost six months a year, with residents having to catch a cable car to the top of a nearby precipice to get a fix of midday vitamin D.

But on Wednesday faint rays from the winter sun for the first time reached the town's market square, thanks to three 17-square-metre mirrors placed on a mountain.

Yahoo, Google centres

NSA spies on data records: Report

The National Security Agency has secretly broken into the main communications links that connect Yahoo and Google data centres around the world, the Washington Post

TV footage of the event showed the centre of the crowded square light up a touch, but not as if hit by direct sunlight. Still, residents said the effect was noticeable.

"Before when it was a fine day, you would see that the sky was blue and you knew that the sun was shining. But you couldn't quite see it," said Karin Roe, from the local tourist office. "This feels warm. When there is no time to get to the top of the mountains on weekdays, it will be lovely to come out for an hour and feel this warmth."

Like much of Scandinavia, the town of Rjukan often is freezing throughout the winter, but on Wednesday it was 7 degrees Celsius there.

The Italian town of Viganella has a similar, but smaller, sun mirror. THE ASSOCIATED PRESS

reported Wednesday, citing documents obtained from former NSA contractor Edward Snowden.

The NSA's principal tool to exploit the data links is a project called MUSCULAR, operated jointly with the agency's British counterpart, GCHQ, the Post said. THE ASSOCIATED PRESS

Closest hit. SARS-like virus found in bats

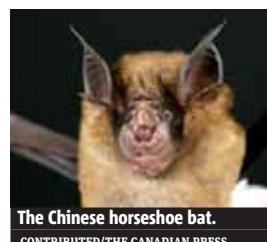
A consortium of international scientists has discovered a SARS-like virus in a Chinese horseshoe bat, further solidifying the theory that these bats are the ultimate source of the virus that killed more than 900 people around the globe in 2003.

The new virus, which they called WIV1, is the closest match yet between SARS and coronaviruses from bats. In fact, the viruses are close

enough genetically that antibodies in stored blood samples from SARS patients neutralized the virus in seven of nine samples tested.

The scientists also reported that the virus uses the same receptor — called ACE2 — to latch onto and infect cells that SARS does. In laboratory work, WIV1 was able to directly infect human cells.

That, they suggested, means viruses like this may



The Chinese horseshoe bat.
CONTRIBUTED/THE CANADIAN PRESS

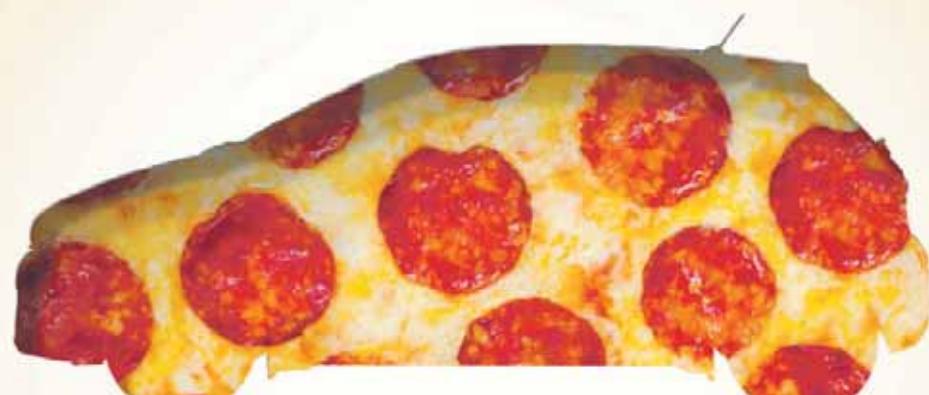
not need an animal go-between to cause human out-

breaks — they may be able to jump directly from bats to people. "Intermediate hosts may not be necessary for direct human infection," they wrote in the paper published in the journal Nature.

Other scientists, though, cautioned that just because something occurs in the artificial confines of a laboratory doesn't mean it would also happen readily in nature.

THE CANADIAN PRESS

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Bullied at work? New legislation in B.C. will help workers fight back

The agency dedicated to protecting the safety of about 2.2 million workers in British Columbia is not going to bully the province's employers into implementing new rules that deal with workplace harassment, says a senior executive.

Instead of taking a

"heavy-handed approach" to enforcement, WorkSafeBC will consult with employers to ensure they follow changes to the Workers Compensation Act that take effect Friday, said Al Johnson, vice-president of prevention services.

THE CANADIAN PRESS

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After sheer-pant debacle

Lululemon names new product boss

Lululemon Athletica Inc. has named former Kmart Apparel president Tara Poseley as its new chief product officer, a key role for the Vancouver-based retailer. **THE CANADIAN PRESS**

Market Minute

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OIL
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GOLD
\$1,349.30 US (+\$3.80)

Natural gas: \$3.64 US (no change)
Dow Jones: 15,618.76 (-61.59)



Lenovo's pretty pitchman and, um, 'product engineer'

Ashton Kutcher. The model turned actor, best known for playing a dim hunk on *That '70s Show*, is now an 'engineer' for a computer company

Computer-maker Lenovo has hired tech-savvy actor Ashton Kutcher to help design and

pitch its latest line of tablets, dubbing the Hollywood star a "product engineer" who can bring his ideas along with his image.

It's the latest tech foray for the *Two and a Half Men* performer who recently starred in a biopic about innovative giant Steve Jobs and has invested venture capital in more than a dozen Silicon Valley startups.

THE ASSOCIATED PRESS

He'll be in a cubicle 9-5 then?

Lenovo declared the actor will play a big role: "This partnership goes beyond traditional bounds by deeply integrating him into our organization as a product engineer as we look at developing the next wave of products," said a spokesman.



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WHAT'S NOT TO LOVE ABOUT THE SEAT?

I've bought new furniture all by myself for the first time, and I think it's safe to say after years as a stereotypical bachelor, I'm all grown up now. And not just a grown-up — a family man. I'll explain.

All my previous big-ticket purchases have been nothing but big tickets (plane trips, concerts, hockey games), so I was a little intimidated when I started reading online advice about buying furniture. The tips said this was a Big Life Decision; it was all about strength and style and "what's most important is what's on the inside."

They made it sound like I was buying people — a brand-new family. This was disconcerting. If it was true, then my existing furniture had been a ragtag group of has-beens and ne'er-do-wells.



HE SAYS
John Mazerolle
metronews.ca

seat, which was dug out of my dad's baby barn after spending a

lifetime in my grandmother's house. It was already dead, really, but we Febrezed it back to life (defebrezzated?) and its elderly frame hunkers in my apartment still.

There were two yellow-green chairs that were still living in the past.

There was my \$299 mattress, which had done its duty for a decade but had passed on some time ago. It received a martyr's funeral, carried out of the apartment on my shoulders while I sang its praises. I fired no weapons though, because the landlord doesn't like holes in the wall.

Most prominently, there was my love seat. You know those celebrities like Clint Eastwood and Dave Hodge where you think, "Geez, they were old when I was a kid." That was the love-

ZOOM

More smiles than spooks



MATT KIELTYKA/METRO IN VANCOUVER

B.C. resident shows off big pumpkin

Vancouver resident Chuck Kokol has a pumpkin display every Halloween outside his heritage home. Neighbours say he's outdone himself this year with this mammoth, which weighs more than 700 pounds and took a carver six hours to create.

MATT KIELTYKA/METRO

Picture perfect

"I wanted a children-friendly face, a happy Halloween. I see Halloween is going to the extreme in the other way, but I do our show with just pumpkins. I believe it's a beautiful effect." Chuck Kokol

'It looks like a UFO landed'

Sporting a mile-wide smile (actually more like four feet) and standing up to shoulder-height on most people, Kokol's cheery jack-o'-lantern comes in as one of British Columbia's biggest pumpkins.

Seven hundred watts of lighting have been installed and Kokol is ready for the big day.

"At nighttime, it's just an amazing glow. It looks like a UFO landed and it can be seen from up the block," he said.

Kokol got the gargantuan pumpkin from a grower in Langley, B.C. after it completed its career on the contest circuit, featuring in shows in Portland, Ore., and Cloverdale, B.C.

MATT KIELTYKA/METRO



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frame hunkers in my apartment still.

It's not a stately old maid either. It's more like the type of senior who tells you about that time she slept with Leonard Cohen, then coughs into a tissue and sticks it into her bra. The upper left corner is tearing. I guess that's bursitis.

Faced with this lot, I decided I would live the dream of so many and replace my family. I started with a new bookcase and a new bed, grabbing both from an adoption agency called Ikea.

The family looks really good, I think, and fits well into my life — partially because of my keen eye for this sort of thing, partially because I haven't taken them out of their boxes yet.

I've heard a lot of horror stories about rushing into family life, so I thought I'd build myself up to it. It's natural. The new bed should be created in nine months or so. You'll know when it happens. Expect lots of profile pics on Facebook.

Clickbait

HANNAH ZITNER
hannah.zitner@metronews.ca

If only you could figure out what to buy the person who has everything. And if only you could do a good deed while you're at it. Introducing (you guessed it), IfOnly.com. The site connects sports, music, film and lifestyle "luminaries" with everyday folk — well, everyday folk who have fancy gold cards. Celebrities are putting on offer their time in exchange for a cash money donation to a charity of their choice. Experiences and items range from \$35 to more than \$100,000. Here's a sample of what's on offer:

\$35:

The least expensive item on If Only includes a guitar pick signed by Soundgarden's Chris Cornell. Maybe not the most exciting option (unless you know a die-hard Soundgarden fan) but the money is for a good cause: The kids.

\$2,000:

Not only do you get red-carpet passes to Joseph Gordon-Levitt's directorial debut Don Jon, in the U.K., you also get to walk the red carpet with him and co-star Scarlett Johansson.

\$78,600:

Watch a boxing match with a boxing legend. Begin the day eating lunch with Mike Tyson and follow it up with a 'big-time' boxing match sitting ringside with the boxing great (background check required).



GETTY IMAGES

Twitter



thing. What's next, ghost towns?!!!

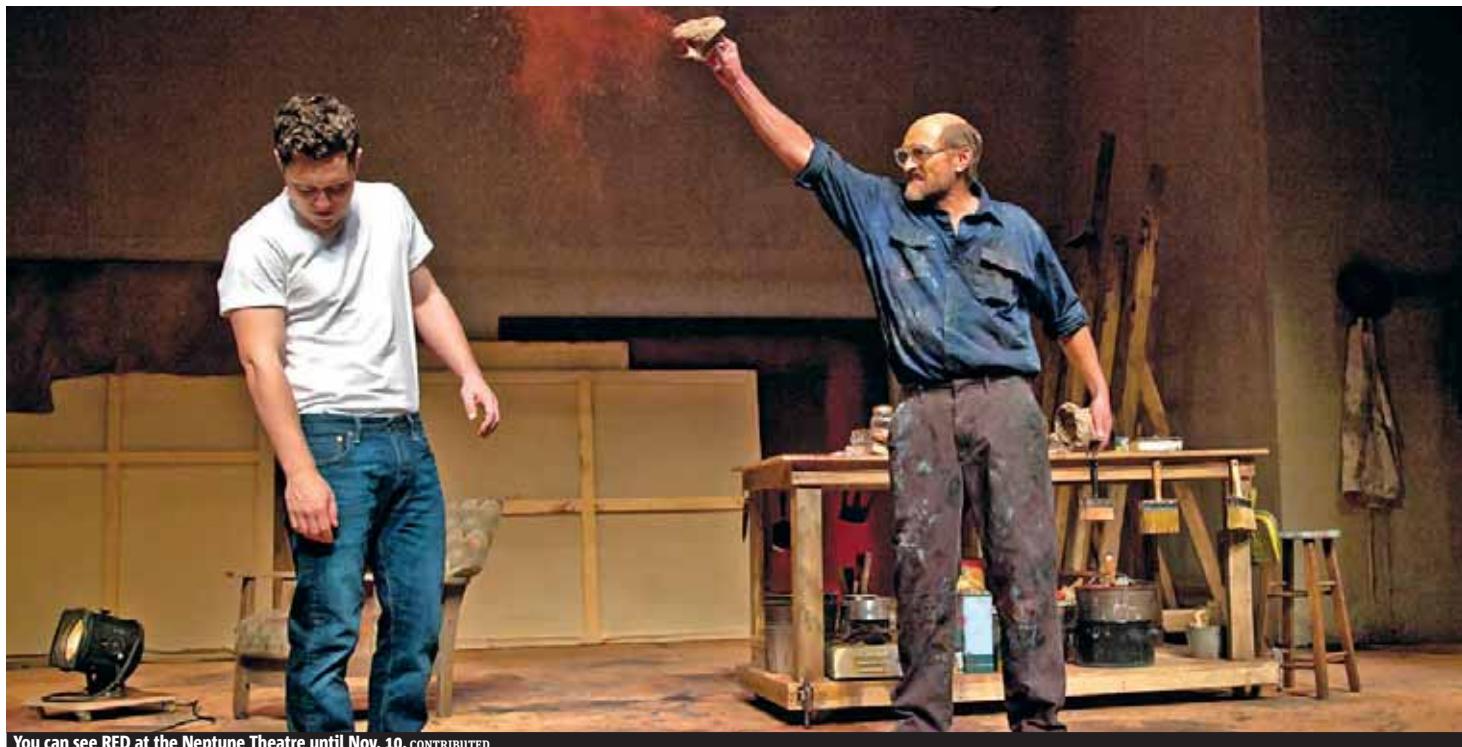
@singh_amna: of course!!

@TimothyPRylett: Yes Ghost towns Do Exist, Have you been to Detroit? LOL

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You can see RED at the Neptune Theatre until Nov. 10. CONTRIBUTED

Painting the town RED

Local theatre. New Neptune play delves into artists' mindset, internal struggle of dealing with trying to make it and then actually making it



BACKSTAGE PASS

Jenna Conter
halifax@metronews.ca

It's the height of hypocrisy: achieving success while wanting to remain one of the strug-

gling masses.

Suffering for your craft may wax poetic but is certainly harder to do when you're raking in the cash. This struggle with the limelight dates back as far as the work that basks in it. A great insight into which is onstage now at Neptune Theatre.

RED, on now through Nov. 10, is the story of abstract painter, Mark Rothko. After years of battling his detractors he has achieved commercial success — an occasion marked by him being selected to paint New York's famed Four Seasons restaurant in 1958.

Though known as the most lucrative commission

Details

What you need to know

- **Where?** Neptune Theatre
- **When?** Through Nov. 10
- **Tickets?** Neptunetheatre.com

the struggle of a powerful painter with that of the performing actor.

"People say don't do it unless you have to. For huge chunks of your life there is nothing sustaining you but yourself and it can be a very lonely process," Johnson told me. "Rothko's problem was with who bought his paintings. They were bought as investments, buying class, buying taste, justified as 'cheaper than a Pollock.' They weren't appreciated as what they were."

From stage to screen, Johnson himself experienced commercial success and artistic praise. In the mid-1980s, his

television career began to take off, eventually landing him in the role of Dracula on a newly developed television show, Dracula: The Series.

In 1999, he appeared in an episode of the award-winning CTV series The City. This is the role for which he won his Gemini award in 2000.

"I was asked about commercial success and struggling with that when you achieve it — I had it in the 90s/2000s and the struggle was there," Johnson shared. "I did television that was done for the money — I enjoyed it but the theatre I was able to reserve for the truth of what I wanted to do."

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Film is full of momentous goodbyes

All The Wrong Reasons

One of Cory Monteith's final movies hits screens this week, and his co-stars talk about filming the flick

Filming overnight in a Halifax Zellers store on the set of *All the Wrong Reasons* was like fulfilling "a childhood fantasy in a way," says actress Emily Hampshire.

"Being able to go into a store when it's closed down and you can take everything and play with the toys, that was really fun, in the movie and shooting it," she said in an interview at the recent Toronto International Film Festival, where the drama debuted.

But it was also a sad occasion during shooting in summer 2012 as the store was being converted into a Target "and all the employees there were being let go," she added.

"If they wanted to get a job at the Target, they had to, like, apply for a job and lose all their seniority," said Hampshire.

"It was kind of heartbreaking to see what was happening, so they were really thrilled that we were filming there, actually."

"It was such a kind of momentous goodbye, I guess."

All the Wrong Reasons is also a goodbye of sorts for fans of Cory Monteith. It's



Cory Monteith "never complained" about work on *All the Wrong Reasons*, says co-star Emily Hampshire. CONTRIBUTED

one of the late Glee star's final two films.

Fredericton-born Gia Milani makes her feature directorial debut on the project, which opens Friday in Toronto (Cineplex Scotiabank) and Vancouver (Cineplex International Village). Milani also wrote and co-produced.

Victoria-raised Monteith, who died in July at age 31, plays an ambitious big-box department store manager who gets cosy with a cashier (Hampshire) when his wife (Karine Vanasse) suffers intimacy issues due to post-traumatic stress disorder.

Vanasse's character developed a phobia of people

touching her after going through a harrowing experience, and she finds comfort in prescription drugs as well as a new security guard (Kevin Zegers) at the department store, where she supervises surveillance feeds.

Hampshire, a Montreal native with film credits including *The Trotsky* and *Cosmopolis*, said she did a Skype meeting with Milani before signing on.

"In that Skype session I think we discovered — aside from the fact that I was doing the movie — was that we were maybe twin sisters separated at birth."

"Our mothers look insanely alike. They both had

this flash of white hair, and there were just so many things that we had in common."

"So it did feel like a kindred spirit kind of thing, which helped going into the shoot, especially with a

first-time director."

Hampshire got to train with cashiers who worked at the store and said she developed "a lot of respect for them" and is "a way better customer now."

Meanwhile, Monteith

She's a survivor

Emily Hampshire's character is contemptible at times, but the actress saw her as "a survivor" who was "trying to make the best life for herself that she could under the circumstances."

"It's funny, I guess I have a particular affinity for the person who does the bad thing," she said with a laugh. "I don't know where this comes from, maybe I was a terrible teenager."

was flying to Los Angeles "on the weekends, going to do press (for *Glee*) and then flying back and doing our super low-budget movie where we were all sharing a room for our trailer and changing together," noted Hampshire.

"And he never complained. If anything, he was the captain of that ship of: 'We're all in this together.'"

THE CANADIAN PRESS

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Tori Spelling. ALL PHOTOS GETTY IMAGES

Desperate housewife: Tori spells it out in sixth memoir — she's got a sex tape

Tori Spelling admits that there's a sex tape featuring her and husband Dean McDermott floating around out there, though it's been a couple of years since she's heard about it. According to Spelling's sixth memoir, *Spelling It Like It Is*, she and McDermott were looking to spice things up in 2009. "Dean said, 'We should tape ourselves having sex,'" she writes. "He had a little portable pod, and he

set up his video camera on it. Afterward, I checked my angles and they were good, so I allowed him to keep it." Apparently a former friend of the couple snatched it off their home computer and attempted to sell it two years later. "I was horrified," Spelling writes, explaining that they sent the man a cease and desist letter. "We never heard from him again, and the incident went away."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES



Lohan's sobriety = partying till the break of dawn

October apparently hasn't been an easy month for Lindsay Lohan's fledgling sobriety.

The troubled starlet has been spending a lot of time at bars, clubs and parties this month, and she's reportedly fallen off the wagon when it comes to booze, according to *Star* magazine.

"She was definitely drinking alcohol. She got increasingly sloppy as the hours went on," a source who spotted Lohan at a party in L.A. last

week tells the magazine.

"At one point Lindsay was literally hanging onto a couple of her friends, like, they were holding her up."

She's also reportedly been sneaking vodka cocktails at bars in New York, and she partied till dawn at "an alcohol-fuelled bash" in Hollywood with Paris Hilton and Miley Cyrus recently. "Lindsay arrived around 3 a.m. and was still there when dawn was breaking," a source says. **METRO**

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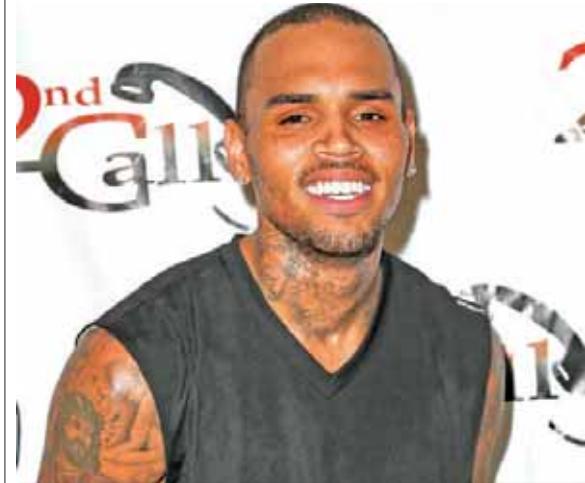
@AnnaKendrick47
Oh hello again 4am, you whore.



@tyrabanks
My tablet got too hot to handle so I made her take a chill pill in the fridge. Hope she's not claustrophobic.



@jimmykimmel
note to every LA news channel — unless they're in a zoo, all bears are "on the loose"



Chris Brown

Chris Brown off to rehab for anger management

Chris Brown has checked himself into rehab for some anger management issues just a day after appearing in

court over charges he assaulted a man outside a Washington, D.C., hotel. "Chris Brown has elected to enter a rehab facility," his rep says in a statement.

"His goal is to gain focus and insight into his past and recent behaviour, enabling him to continue the pursuit of his life and his career from a healthier vantage point."

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Take Kerr of yourself and your best will surely follow

She's starting with the model in the mirror. One of Australia's most magnificent imports spills her style, beauty and wellness tips

TINA CHADHA
Metro World News in NYC

Days before she walked the runway at Stella McCartney and Chanel's Spring 2014 Paris Fashion Week shows, we met up with Miranda Kerr at the chic rooftop of the Gramercy Park Hotel. There, the star of Mango's new grunge-inspired fall campaign talked about her fave looks from the '90s ("An oversized blazer, ankle boots and leather jacket with studs") and let us in on her style and beauty essentials.

You always look so well put together. How would you describe your look?

I try to go for classic and effortless and experiment a little bit depending on my mood. I like functional clothes especially, because now I'm a mom and go to the park. But when I go to work, I enjoy putting on a heel and embracing that feminine side.

How has your personal style



"Be good to yourself and then you'll be able to give a lot more to your family, to your friends and to your work," says Miranda Kerr. CONTRIBUTED

changed since becoming a mom?

I keep it more practical now. It's all about fabrics that don't crease because I'm always holding (my son, Flynn) always wants to be in my arms or swinging on swings. I think comfort is important and wearing fabrics that make you feel good and accentuate the parts about yourself that you like. It's not necessarily about following a trend, but finding pieces that work with your body type.

You live in New York now.

Talk to us about closet space. It's not enough! But it's good be-

cause I've gotten rid of so much stuff I actually feel lighter. I have three little closets that I try to squeeze everything into. I've stripped it back to the basics and gave at least a room full of stuff to my friends and charity. I've also learned to maximize space. Now, I fold my jeans so they sit up, so when you open the drawer you see them.

If you were travelling and could only pack a small bag, what would go in?

A great pair of jeans that fit well, a blazer, a couple of T-shirts, a pair of loafers, a scarf and a hoodie — and one little black dress. I always pick up

scarves at the airport, like airports in Asia, because it's not what you normally see. You'll find something different there.

You know how to rock a red lip. What are some of your beauty tips?

If I'm tired I just put on a red lip and sunglasses and it's a simple and effective way to uplift the face — just add a splash of colour. Sometimes I'll use a bit of the lip colour on my cheeks so I look a bit more alive — like the blood is pumping, the circulation is going. I also apply my KORA Organics lip balm to highlight my cheekbones. It makes you feel fresh.

You're a certified health coach. Any new healthy habits you've incorporated?

I have hot water and half a lemon in the morning. It's a very simple tip that cleanses the digestive system when you wake up and it really kick-starts your metabolism. Then I have a cold pressed green juice, like kale, spinach and celery with lemon, and then I have a smoothie that I make myself. I think it's really important to have a balance in life and fill your body with nutrients when and where you can, but then also know that you're a human being and you can't be too hard on yourself. I try to be 80 healthy and 20 per cent indulgent. I just don't believe in depriving yourself because life is short and we're here to enjoy it.

Read her tips

Revlon ColorStay Ultimate Liquid Lipstick in Top Tomato, \$10.99, revlon.com



Chanel Rouge Coco Shine Sheer Lipshine in Rebelle, \$34, chanel.com

Ellis Faas Milky Lips in Dark Blood, \$35, sephora.com

Drink up!

Kerr's smoothie ingredients

- Coconut water
- Chia seeds
- Goji berry
- Maca powder
- Spirulina
- Acai powder
- Noni powder
- Sun warrior protein powder

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Kitchen trends with staying power

Every year we see new kitchen trends come and go. Like fashion, kitchen styles can change quickly, so it's important to only incorporate the ones you really love, knowing you can live with your decisions for a long time. This year we're seeing three trends that I think will stick around and are worth investing in.



Left, Samsung's 30-inch French Door Refrigerator. Below, LG's Countertop Microwave with Oven comes with a warming drawer for food or plates.



Small-space solutions

Whether you have a teeny-sized condo kitchen or a large eat-in, family-style one, it's important to utilize every square inch of storage. Making the right decision on appliances is equally important.

I found the perfect, high-end-looking fridge that slips easily into any kitchen. It's got the features and looks of a high-end appliance, but boasts a regular price. The Samsung 30-inch French Door Refrigerator is finished with stainless steel — which is still a very popular choice for the kitchen — holds more food than any other fridge in its category and comes

in at less than \$1,500. Great visual value, more storage and a trendy finish wins me over!

Say goodbye to yesterday's microwave and toaster oven and hello to the Countertop Microwave with Oven from LG for \$399. This model has a 1,400-watt oven drawer for warming food or plates, meaning it's a countertop appliance that you can use in many different ways.



Interesting accents

The personality in kitchen design is coming from natural sources like stone, marble and granite. Flooring, countertops and backsplash are all on-trend when getting their look from nature.

Well, how about some new products to help give us that look? From high-end to low-end, stone-like surfaces are trending in many ways. Caesarstone countertops are a man-made solid-surface material that started gaining popularity about 10 years ago. Until recently, most of the faux-stone styles have been in the form of a solid colour or speckled to emulate granite. But Caesarstone's Supernatural Collection creates a veined product that looks more like real stone or

marble.

And on a DIY note, Canadian company Smart Tiles has designed a great-looking faux peel-and-stick tile that works perfectly on a backsplash (or any vertical surface that is not submerged in water). Starting at around \$8 per square foot, this is a fun way to update your kitchen or bath without a long-term commitment. Their stone and stainless looks will fool the eye and add lots of character to your kitchen.

Delta's Trinsic Single Handle Pull-Out Faucet, \$280, has a sleek European design and a lever handle that makes operation easier. It adds that modern industrial feel to your kitchen for much less than you think — faucets like this generally cost \$500 and up.



Above, a countertop from Caesarstone's Supernatural Collection. Left, Smart Tiles' peel-and-stick tiles, thesmart-tiles.com, and Delta's Trinsic Single Handle Pull-Out Faucet.



Below, KitchenAid's Variable Temperature Kettle in white.



Above, Whirlpool's Electric Range with True Convection Cooking from the White Ice Collection.

The return to white

The classic white kitchen is by far the biggest seller when it comes to cabinetry and appliances.

For a long time, we've seen wood-coloured cabinetry and black or stainless steel appliances gain favour. But white appliances are feeling fresh and new again with modern designs and a bit of stainless steel or chrome for sparkle.

Whirlpool has introduced the White Ice Collection and their Electric Range with True Convection Cooking, \$1,199, offers clean design lines, streamlined controls, and an Aqua-Lift cleaning feature that allows the inside oven to clean it-

self in an hour or less (most self-cleaning ovens take three to six hours).

On a smaller scale, KitchenAid's Variable Temperature Kettle, \$129, in white has modern touches that remind me of my favourite smartphone. It's got a large, 1.7-litre water reservoir and features a Keep Warm feature that's handy when you need to add some more hot water to the teapot.



metro

Storage

A cure for the multi-season closet



CHARLES THE BUTLER
askcharlesthebutler.ca
For more, visit charlesmacpherson.com

With fall weather in full force, it's high time to change over your closet from summer to winter.

People often ask me where they're supposed to put all of their off-season things. With-

out a storage solution, many of us just keep struggling along with a closet that's overflowing with both our warm and cool-weather clothes — and so we curse every time we need to get dressed.

What are we to do? Here are some great solutions that I've used in both small apartments and large homes.

- I fill old suitcases with off-season clothing and put them under the bed, in a guest closet or in the garage — covered with a tarp to keep the dust off — until I need the clothing again.
- A decorative armoire, chest
- of drawers or a trunk being used as a coffee table are all great off-season storage solutions.
- If you have the space, an unused basement, empty kids' room or attic is great. I like to simply hang my clothes on



CB2's Versus Galvanized Trunk is a chic storage solution for off-season clothes, \$179 at cb2.ca. COURTESY CB2.CA

a rack — sometimes called a hostess rack — and cover them with a white cotton sheet to keep the dust off. It's really the simplest way if you have the luxury of space.

• Lastly, there are great vacuum-sealer bags that you can buy. You fill them with clothes, then use your vacuum cleaner to suck the air out of the bag to reduce the volume. Once they're deflated, it becomes much easier to find places to store them all around your home. Just don't forget where you put them!

So there you go. I promise that if you store your off-



The London Trunk from PBteen is made from wood and reclaimed leather and costs \$1,057 plus a delivery surcharge from pbteen.com. COURTESY PBTEEN.COM

season clothes elsewhere, your closet will be a much more enjoyable experience every day when you go to get dressed.

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Keep your home toasty

Winterizing tips. Two simple and inexpensive tasks can help you cut down on heating costs

JENNIFER
TAPLIN
For Metro

As a fall activity, winterizing the house is nowhere near as fun as jumping into leaves.

But if you want to avoid shivering inside as the snow piles up outside, or having to pay an arm and a leg to pay for heating, it's time to get to it.

Donald Dodge, program manager at Efficiency Nova Scotia, recommends that every Nova Scotian homeowner conduct two simple and inexpensive tasks this fall.

"This time of year I encourage everyone to get out on a beautiful Saturday and take a walk around the exterior of your home, and what you're looking for is to check all the caulking and weather

stripping," he said.

Search for any holes in the house around doors and windows, water pipes and wires. Any holes, no matter how small, should be caulked and sealed. Weather stripping and caulking need to be checked every year because it can get old and fall off.

The second (task) is to deal with the mechanicals in your house. As we're getting ready for the heating season to start, think about that equipment in your home."

Oil or gas furnaces need to be serviced once a year by a professional, he said.

"Just doing that once a year, on average, will increase the efficiency of that equipment by 10 or 15 per cent, especially with oil equipment."

You can't, by law, clean out the burners yourself, but you can make sure the fur-



By taking time now to inspect your house, you can save money on heating costs during the winter. ISTOCK/THINKSTOCK

nace filters are changed three times a year.

These are the cheap ways of getting your house ready for winter. For those homeowners looking to go a step further and have the budget for it, Dodge recommends in-

insulating and air sealing.

An energy assessment through Efficiency Nova Scotia will provide homeowners with a prioritized list of what needs to be done, Dodge said.

"We're very tempted these days to look for that silver bullet that will save us from high energy bills. Like should

I switch from an oil furnace to a heat pump or a heat pump to wood pellets?"

But before investing thousands of dollars in a new heating system, Dodge recommends air sealing the house first so homeowners can buy smaller heating systems.

Chimneys. Burning questions about energy loss

Chimneys are quite often overlooked as sources of escaping warm air.

In fact, many people don't realize their chimneys are leaky until after an energy assessment by Efficiency Nova Scotia, said Luke Chaulk with Black Magik Chimney Sweeps Inc.

"You don't necessarily feel that air being drawn up, but, rest assured, it is being lost,"

Chaulk said. "I would say it's equivalent to leaving your window open or your door open throughout the course of the winter. It's just not as obvious because it's not in your face."

Most dampers in a masonry fireplace are made out of cast iron and are located in the throat of the chimney. Because of their location and design, they don't provide

an air-tight seal.

"Even though they're closed, you're still losing a tremendous amount of air through your fireplace," Chaulk said.

The solution is a gadget called a top-sealing damper. It sits on the top of the chimney and acts as a rain cap. When it's pulled closed, it seals airtight with a gasket.

Kim Hunter, with Santa's

Chimney Services, said it's a busy time of year for chimney sweeps, adding it's important to clean wood-burning fireplaces and wood stoves annually to prevent chimney fires.

Hunter believes wood burning is the best heating option because it costs about \$800 per year while heating with oil can cost approximately \$3,000 to \$4,000.

Environmentally speak-

ing, Emma Norton, with the Ecology Action Centre, said heat pumps are the best, most efficient choice.

Donald Dodge, program manager at Efficiency Nova, said heat pumps are a good choice if you have an older forced-air oil furnace and want to make the switch. Condensed gas furnaces are also highly efficient, he said.

JENNIFER TAPLIN



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Minor fixes to seal in the heat

When it comes to sealing up the house for winter, windows and doors are jobs one and two.

Bob Wood, president of Revolution Windows and Doors Ltd., suggests feeling around the window for any drafts, then go outside to check the caulking. On the inside, sealing the window in plastic might seem minor, but it works, Wood said. Thick curtains also help keep out drafts.

"It is a temporary solution and what you should do, ultimately, is replace the window with a more efficient one," Wood said.

Homeowners can get away with temporary fixes if they do it annually, Wood said, but the best solution is a new window.

Doors are a bigger issue for winterizing because they are constantly in use and suffer more wear and tear than windows. It's important to check the weather stripping on doors, Wood said, and also check the sweep on the door.

He also recommends purchasing a weather guard, which is a piece of plastic that screws on to the side of the door jam that helps cut down on wind infiltration.

When it comes to doors, Wood said most manufacturers are still producing a 20-year-old design — straight doors with a sweep at the bottom. New designs are much better, he said, since they have a sloped sill that washes out the rain and snow.

JENNIFER TAPLIN

Make like Five, Seven and Two, and get to painting — hearts, not roses

If you make a mistake, don't

Ingredients

Cookies

- 1/3 cup (85 ml) butter, at room temperature
- 2 tbsp (30 ml) canola or other mild vegetable oil
- 3/4 cup (185 ml) sugar
- grated zest of a lemon
- 1 large egg
- 2 tsp (10 ml) vanilla
- 1 1/2 cups (375 ml) all-purpose flour
- 1 tsp (5 ml) baking powder
- 1/4 tsp (1 ml) salt

Paint

- 1 egg yolk
- few drops red food colouring

lose your head," write Pierre A. Lamielle and Julie Van Rosendaal in *Alice Eats* of Five, Seven and Two's Painted-Red Sugar Cookies. "A little paint can fix it up and if that fails, brush up on your cookie-baking. It's more difficult to execute someone who has just given you cookies, so stack the deck in your favour..."

To make the cookies

1. In a bowl, beat the butter, oil, sugar and lemon zest with an electric mixer until pale and light; add the egg and vanilla and beat for a minute, until smooth and blended.
2. In a small bowl, stir together the flour, baking powder and salt. Add to the sugar mixture

Alice's advice

Egg-yolk cookie "paint" cooks dry and glossy and you have far more control with a paintbrush than an icing bag. Try making an entire palette of colours in small ramekins, adding a few drops of food colouring per egg yolk.

and stir by hand or beat on low speed just until you have a soft dough. Shape the dough into a disc, wrap in plastic and refrigerate for half an hour.

3. When you're ready to bake, preheat the oven to 350 F (180 C). On a lightly floured surface, roll the dough out to about

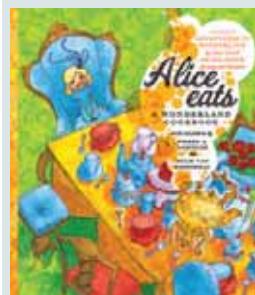
Painted-Red Sugar Cookies



The queen's gardeners, Five, Seven and Two, painted roses red after accidentally planting white ones. You'll paint two to three dozen cookies. JULIE VAN ROSENDAAL FROM *ALICE EATS* (WHITECAP BOOKS)

Cookbook of the Week

Alice's culinary Wonderland



The foods in Alice in Wonderland are instantly recognizable. In their book, *Alice Eats: A Wonderland Cookbook*, Pierre A. Lamielle and Julie Van Rosendaal answer questions like, "What would the treats at a Mad Hatter party taste like?"

Not only does the book feature recipes (Mock Turtle's Mock Turtle Soup, The Queen of Hearts' Jam Tarts and more), photos and illustrations but also the full text of the original *Alice's Adventures in Wonderland* by Lewis Carroll. METRO

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Snack. Mad Hatter's No-Time Cream Drop-Scones

1. Preheat the oven to 400 F (200 C).

2. In a medium bowl, stir together the flour, sugar, baking powder and salt. Add the cream and stir just until the dough comes together.

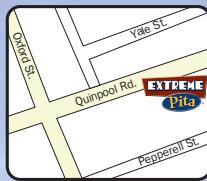
3. Drop by large spoonfuls (or use a small ice-cream scoop for more uniform scones) onto a greased or parchment-lined baking sheet. If you like, sprinkle with coarse sugar.

Ingredients

- 1 1/3 cups (310 ml) all-purpose flour
- 2 tbsp (30 ml) sugar
- 1 1/2 tsp (7 ml) baking powder
- 1/4 tsp (1 ml) salt
- 1 cup (250 ml) heavy (whipping) cream
- coarse sugar, for sprinkling

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QMJHL

Olympiques take Mooseheads down a notch

The Halifax Mooseheads got a healthy dose of reality on Wednesday night.

On the same day they cracked the CHL's weekly top-10 rankings for the first time this season, the Mooseheads started their Quebec road trip with a 5-2 loss to the Gatineau Olympiques at the Centre Robert-Guertin.

"I thought we were right there," said Mooseheads head coach Dominique Ducharme. "But they were more opportunistic than we were and we missed a lot of good chances, especially in the first and second periods."

The Mooseheads, who had their three-game winning streak halted, gave up a short-handed goal to fall into a 1-0 hole headed into the middle frame. The Olympiques would take a 4-1 lead early in the third period on the strength of two power-play goals.

Mooseheads forward Andrew Ryan would tally his team-leading 10th goal of the season at the midpoint of the final frame to draw the Herd within a pair of goals. But it was too little too late.

CHL Player of the Week Darcy Ashley extended his point streak to five games, notching the other goal for the Mooseheads. Halifax native Taylor Burke led Gatineau with a pair of goals, while Elie Berube, Vaclav Karabacek and Vincent Dunn each notched singles.

The Mooseheads (12-8) remain in first place in the Maritimes division.

ANDREW RANKIN/METRO

'Our time is coming': SMU on the offensive

AUS football.

Offensively challenged Huskies confident during week off ahead of Loney Bowl

Fraser Vrenjak thinks it would be a mistake to judge the Saint Mary's Huskies offence solely on statistics.

The team's fifth year defensive back realizes a lot has been made about the Huskies' lack of offensive production during the season — a league-worst 16 points per game.

But as far as he's concerned, when the chips are down, the offence comes through.

"Our offence has put up the points," he said. "They've been there for us when we needed them."

The Huskies ended the regular season on Saturday with a less-than-glamorous 12-6 victory over the St. Francis X-Men. But the win secured the Huskies first place and the right to host the Loney Bowl on Nov. 9. They also get an automatic bye into the championship game while the Acadia Axemen and Mount Allison Mounties square off in semifinal action on Saturday.

Once again, the Huskies' defence corps is expected



The Huskies' Melvin Abankwah is looking forward to stepping up his game during the Loney Bowl on Nov. 9.

JEFF HARPER/METRO

to lead the squad. The 265.1 yards it gave up on average per game was tops in the league.

"We've been together for a while," said Vrenjak. "We've had an opportunity to grow as a team. Offences are just

having a tough time figuring us out."

He said the squad is using the layoff to get back to fundamentals and to allow banged up bodies to heal.

Last season's all-star running back Melvin Abankwah admittedly has had a decent year with the Huskies, but it has fallen short of his standards. Voluntarily starting the season at the receiver position, he's had to make some adjustments. He says the team's lack of offence ul-

timately comes down to communication.

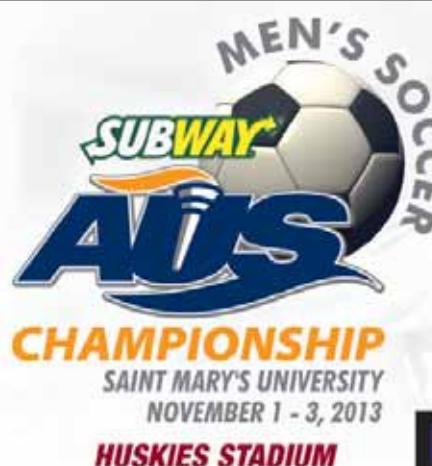
"Not everyone is on the same page," he said. "That kind of frustrates us."

"The defence has really been holding us together at this point. We have guys who have really stepped up, like Rob Jubenville, Kayin Marchand-Wright and Jonathan Langa. As long as they're keeping guys off the field, it's our job to get on the field and put points on the board. I know our time is coming."

Quoted

"You can't really point fingers at anyone. Right now it's a communication thing."

Saint Mary's Huskies running back Melvin Abankwah on the team's struggle to put up points



Friday, November 1

Game 1 – 12pm DAL (3rd) vs. Acadia (6th)
Game 2 – 3pm StFX (4th) vs. CBU (5th)

Saturday, November 2

Game 3 – 12pm UNB (1st) vs. lowest seeded remaining team
Game 4 – 3pm SMU (2nd) vs. highest seeded remaining team

Sunday, November 3

Championship Game 2pm

Tickets on sale one hour prior to game time.



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NBL Canada

Rainmen add four more players to roaster

The Halifax Rainmen announced four new player signings on Wednesday.

Topping the list is centre Dane Johnson, a six-foot-10, 250-pound centre with plenty of experience playing in top division European leagues.

David Lawrence, a six-foot-seven shooting guard, out of the University of Charleston is expected to bring plenty of athleticism to the team while six-foot-nine, 240-pounder power forward Tim Parham is described as a lunch-pail type of player who also has plenty of international playing experience.

Rounding out the signings is former Peach Belt Conference Player of the year Dwight Tolbert. The six-foot-five shooting guard played his college basketball ball at Lander University. METRO

AUS men's hockey

Tigers suffer fifth straight loss to begin season

The Dalhousie Tigers' woes continue.

The Acadia Axemen showed no mercy in their home rink, outshooting the Tigers 50-27 en route to a 5-0 win on Wednesday night.

Liam Heelis led Acadia with a hat trick and an assist while Mike Cazzola tallied once and added two helpers and Tyler Ferry rounded out the scoring.

With the loss the Tigers fall to 0-5 while the second-place Axemen improve to 4-1.

Axemen netminder Brandon Glover registered the shutout victory.

The Tigers are back in action on the road against the St. Francis X-Men on Friday. METRO

For more coverage of local sports, go to metronews.ca



Top of the mountain just got a lot hairier

World Series. Red Sox polish off Cardinals in Game 6 to capture championship at home for first time since 1918

There hasn't been a party like this in New England for nearly a century.

Turmoil to triumph. Worst to first.

David Ortiz and the Boston Red Sox, baseball's bearded wonders, capped their remarkable turnaround by beating the St. Louis Cardinals 6-1 in Game 6 on Wednesday night to win their third World Series championship in 10 seasons.

Shane Victorino, symbolic of these resilient Sox, returned from a stiff back and got Boston rolling with a three-run double off the Green Monster against rookie sensation

Michael Wacha.

John Lackey became the first pitcher to start and win a World Series clincher for two different teams, allowing one run over 6 2/3 innings 11 years after his Game 7 victory as an Angels rookie in 2002.

With fans roaring on every pitch and cameras flashing, Koji Uehara struck out Matt Carpenter for the final out. The Japanese pitcher jumped into the arms of catcher David Ross while Red Sox players rushed from the dugout and bullpen as the Boston theme Dirty Water played on the public-address system.

And the Red Sox didn't have to fly the trophy home. For the first time since Babe Ruth's team back in 1918, Boston won the title at Fenway Park. The 101-year-old ballpark was packed with 38,447 singing, shouting fans anticipating a celebration 95 years in the making. THE ASSOCIATED PRESS



Red Sox catcher David Ross holds the World Series trophy after defeating the Cardinals 6-1 in Game 6 of the World Series in Boston on Wednesday night. JARED WICKERHAM/GETTY IMAGES

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	GP	W	L	OL	GF	GA	Pt
Toronto	14	10	4	0	48	32	20
Tampa Bay	12	8	4	0	40	33	16
Montreal	13	8	5	0	37	23	16
Boston	11	7	4	0	32	20	14
Detroit	12	6	4	2	27	33	14
Ottawa	12	4	6	2	35	38	10
Florida	12	3	7	2	26	42	8
Buffalo	14	2	11	1	23	41	5

METROPOLITAN DIVISION

	GP	W	L	OL	GF	GA	Pt
Pittsburgh	13	9	4	0	41	31	18
N.Y. Islanders	12	4	5	3	37	39	11
Carolina	12	4	5	3	26	36	11
Columbus	11	5	6	0	31	29	10
Washington	12	5	7	0	34	38	10
New Jersey	12	3	5	4	26	37	10
N.Y. Rangers	11	4	7	0	18	37	8
Philadelphia	11	3	8	0	20	30	6

Wednesday's results

Toronto 4	Calgary 2
Pittsburgh 3	Boston 2
Detroit at Vancouver	
San Jose at Los Angeles	
Tuesday's results	

Tuesday's results

Anaheim 3	Philadelphia 2
Chicago 6	Ottawa 5
Montreal 1	Dallas 1
New Jersey 2	Tampa Bay 1
N.Y. Rangers 3	NY Islanders 2

Thursday's games

Anaheim at Boston	7 p.m.
Buffalo at N.Y. Rangers	7 p.m.
Nashville at Phoenix	10 p.m.
Golden State at L.A. Clippers	10:30 p.m.
New Jersey 2	Tampa Bay 1

Friday's games

Calgary at B.C.	7 p.m.
Hamilton at Winnipeg	2 p.m.
Edmonton at Saskatchewan	5 p.m.
(End of Regular Season)	
Wednesday's results	

Saturday's games

Hamilton at Winnipeg	2 p.m.
Edmonton at Saskatchewan	5 p.m.
(End of Regular Season)	
Wednesday's results	
Wednesday's results	

Sunday's games

New Orleans at N.Y. Jets	8:25 p.m.
Tennessee at St. Louis	1 p.m.
San Diego at Washington	1 p.m.
Kansas City at Buffalo	1 p.m.
Minnesota at Dallas	1 p.m.
Atlanta at Carolina	1 p.m.
Philadelphia at Oakland	4:05 p.m.
Tampa Bay at Seattle	4:05 p.m.
Pittsburgh at New England	4:25 p.m.
Baltimore at Cleveland	4:25 p.m.
Indianapolis at Houston	8:30 p.m.
Monday, November 4	
Chicago at Green Bay	8:40 p.m.

Monday's results

Golden State at L.A. Clippers	10:30 p.m.
New Jersey 2	Tampa Bay 1
N.Y. Rangers 3	NY Islanders 2
Phoenix 3	Los Angeles 1
St. Louis 3	Winnipeg 2
Toronto 4	Edmonton 0
Wednesday's results	

Tuesday's results

Indiana 97	Orlando 87
L.A. Lakers 116	L.A. Clippers 103
Miami 107	Chicago 95
Thursday's games	— All Times Eastern
New York 90	Milwaukee 83
Oklahoma City 101	Utah 98
Philadelphia 114	Miami 110
San Antonio 101	Memphis 94
Portland at Phoenix	
Denver at Sacramento	
L.A. Lakers at Golden State	

Wednesday's results

Boston 93	Boston 87
Cleveland 90	Philadelphia 84
Atlanta 118	Dallas 109
Detroit 113	Washington 102
Houston 96	Charlotte 83
Indiana 95	New Orleans 90
Minnesota 120	Orlando 115 (OT)
New York 90	Milwaukee 83
Oklahoma City 101	Utah 98
Philadelphia 114	Miami 110
San Antonio 101	Memphis 94
Portland at Phoenix	
Denver at Sacramento	
L.A. Lakers at Golden State	

Thursday's games

Boston 6	St. Louis 1
Wednesday's result	
Boston 3	St. Louis 1
Monday's result	
Boston 3	St. Louis 1

Friday's games

Boston 93	Boston 87
Cleveland 90	Philadelphia 84
Atlanta 118	Dallas 109
Detroit 113	Washington 102
Houston 96	Charlotte 83
Indiana 95	New Orleans 90
Minnesota 120	Orlando 115 (OT)
New York 90	Milwaukee 83
Oklahoma City 101	Utah 98
Philadelphia 114	Miami 110
San Antonio 101	Memphis 94
Portland at Phoenix	
Denver at Sacramento	
L.A. Lakers at Golden State	

Saturday's games

Boston 6	St. Louis 1
Wednesday's result	
Boston 3	St. Louis 1
Monday's result	
Boston 3	St. Louis 1

Sunday's games

Boston 93	Boston 87
Cleveland 90	Philadelphia 84
Atlanta 118	Dallas 109
Detroit 113	Washington 102
Houston 96	Charlotte 83
Indiana 95	New Orleans 90
Minnesota 120	Orlando 115 (OT)
New York 90	Milwaukee 83
Oklahoma City 101	Utah 98
Philadelphia 114	Miami 110
San Antonio 101	Memphis 94
Portland at Phoenix	
Denver at Sacramento	
L.A. Lakers at Golden State	

Monday's games

Boston 6	St. Louis 1
Wednesday's result	
Boston 3	St. Louis 1
Monday's result	
Boston 3	St. Louis 1

Tuesday's games

Boston 93	Boston 87
Cleveland 90	Philadelphia 84
Atlanta 118	Dallas 109
Detroit 113	Washington 102
Houston 96	Charlotte 83
Indiana 95	New Orleans 90
Minnesota 120	

Horoscopes

Aries

March 21 - April 20

You don't need to do anything special today. Others will provide the entertainment, all you have to do is sit back and enjoy the good times. Some people may get emotional but you'll be in control at all times.

Taurus

April 21 - May 21

Social activities will go well today and if you visit a place you have never been before, you will fun. Relationships too are under excellent stars, growing deeper and stronger.

Gemini

May 22 - June 21

Few people get more enjoyment out of their daily activities than you. But family and financial issues still need to be dealt with, and quickly. That means today, not next week.

Cancer

June 22 - July 23

There is a great deal of tension in your life right now and with Mars and Pluto strong today, it could reach a peak. The good news is once that peak is reached, you'll accomplish something truly remarkable.

Leo

July 24 - Aug. 23

Sometimes you are too trusting and other times you are not trusting enough. Today, you'll be inclined to give someone who doesn't deserve it the benefit of the doubt. Make sure it's not your money at stake.

Virgo

Aug. 24 - Sept. 23

With action planet Mars in your sign allied to Pluto, planet of transformation, you should be aiming to change your life for the better. What is the biggest change you could make?

Libra

Sept. 24 - Oct. 23

You will surprise a few people today. Those who had written you off as too cautious will be astonished to see how dynamic and daring you are — and a bit scared by your level of passion.

Scorpio

Oct. 24 - Nov. 22

You will be on the move today and the people you meet and the things you see will open your mind to new possibilities. The way you look at the world will change completely over the next 24 hours. That's good.

Gemini

May 22 - June 21

It is important that you focus on positive thoughts. If you let negativity to creep in, you'll convince yourself that life is against you when the universe really wants you to be happy.

Capricorn

Dec. 22 - Jan. 20

Mars, planet of energy and ambition, will inspire you to do something beyond the call of duty. Whatever it is, you will make a great impression on people in positions of power.

Aquarius

Jan. 21 - Feb. 19

Everyone is born with a purpose and you are no exception, so find out what it is and then commit yourself to seeing it through to the end. Don't hide in the background where you cannot be seen.

Pisces

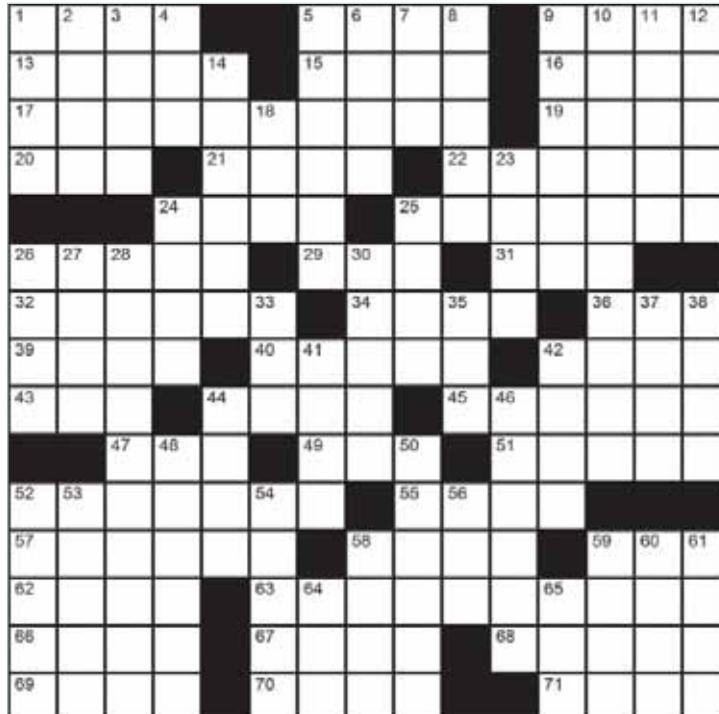
Feb. 20 - March 20

You will be so excitable today but in a good way. It's as if you have woken up to the fact that anything is possible and that what you desire most is the easiest thing in the world to possess. Get it! **SALLY BROMPTON**

Crossword: Canada Across and Down

Across

1. Halloween hit: "Monster ___"
5. Large amount
9. Fight
13. Margarines
15. "___ Said" by Neil Diamond
16. Ireland
17. Full moon howlers
19. "Are you mad ___?" ...queried the cold-shoulder-ee
20. Maiden name indicator
21. Roof's overhang
22. Delete
24. Not there
25. Cauldron stirrers
26. Aspect
29. Big TV brand
31. Sports official, for short
32. Struck with fright
34. Frost-covered
36. Strange
39. Twofold
40. Is forbidden to, quaint-style
42. Prior to, for short
43. 'Hallow' suffix
44. Droopy
45. Dracula author Bram
47. Trio of the Alphabet
49. And so on, shortened
51. ___ up (Becomes more informed)
52. Frightful flick of 1976: 2 wds.
55. Applications



57. Scream!
58. Kind of agreement
59. "Yikes!!!"
62. Barenaked Ladies song
63. James Brolin/Margot Kidder thriller, "The ___ Horror" (1979)
65. Applications

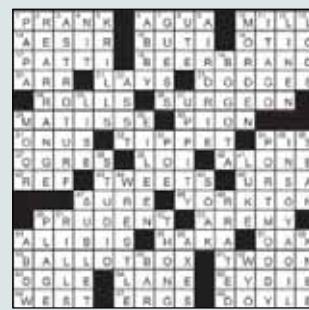
66. Bill of fare
67. Double affirmative, in Spanish
68. Composition
69. Units of work
70. All Hallows, and others
71. Writes

Down

1. Cut down, as grass

2. Sailing side
3. Bone dry
4. Tilling tool
5. What #17-Across don't like
6. Bat's hangout
7. Soul: French
8. Frisbee-shaped track-and-field thrown-things
9. Haunted house gathering
10. Accessories for devil costumes
11. Military force, in French
12. Film holders
14. Candies
18. Paddle
23. Take ___ (At-

Yesterday's Crossword



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku

6	9	2	3	7	4	5	8	1
5	4	1	9	8	2	3	6	7
3	7	8	5	6	1	9	2	4
8	2	3	7	9	5	1	4	6
7	5	4	8	1	6	2	9	3
1	6	9	2	4	3	7	5	8
2	1	6	8	3	9	4	7	5
4	8	5	1	2	7	6	3	9
9	3	7	4	5	6	8	1	2

2			9	6
7	5	1		
3			2	
6				7
9	2	1	5	4
1			3	6
6				2
3	9	8		
8	4			5

Today



Friday



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See today's answers at metronews.ca/answers.
BY KELLY ANN BUCHANAN

tempt)
24. Become better
25. Farm cart
26. Get dimmer
27. Flu symptom
28. Canadian horror starring George C. Scott, "The ___" (1980)
30. Tales from the ___ (Creepy comic book series)
33. "Stop over-sharing so many personal details!" briefly
35. Everest, et al.
37. "Groove Is in the Heart": 1990 dance music hit for ___-Lite
38. Hook-ups for TVs
41. "Right on!"
42. Pea: French
44. Lemon's friend
46. Midnight, ___ O'Clock
48. "You can't ___ against our wishes!"
50. "Halloween" (1978) star, Jamie Lee ___
52. Subject matter
53. Skills-sharpener
54. Obliterate
56. For example...
58. Bank of the ___ at Auvers (Vincent van Gogh painting, oil on canvas, 1890)
59. "If all ___ fails..."
60. Flair
61. Door openers
64. 1004 in ancient Rome
65. Web connector, for short

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